

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

- ⇒ Caregiver Poem
- ⇒ Wash Your Hands!
- ⇒ Changes to SSDI and SSI
- ⇒ Census 2020
- ⇒ Move More Month



April 2020

The ADRC Connection

Earth Day!

April 22, 2020, will mark the 50th year of celebrating Earth Day. The first Earth Day in 1970 turned out 20 million protesters in response to pollution across the United States. This day created a national awakening to the deteriorating environment. It helped to launch a wave of action, including the passage of landmark environmental laws in the United States. The Clean Air, Clean Water, and Endangered Species Acts were created in response to the first Earth Day in 1970, as well as the creation of the Environmental Protection Agency (EPA). Many countries soon adopted similar laws. Earth Day was founded by Gaylord Nelson, an environmentalist from Wisconsin, who served as a United States senator and Wisconsin governor. Nelson was awarded the Presidential Medal of Freedom award in recognition of his work.

This year, Kathleen Rogers, president of the Earth Day Network, has helped launch "the Great Global Cleanup" inviting cleanup organizers from around the world to join together in solving problems of global waste. According to Rogers, the Great Global Cleanup is expected to be the largest volunteer event in history. The goal is to remove billions of pieces of trash from our green spaces, urban communities and waterways. There is a live map of cleanups around the world, where people can search and register to participate. Thousands of cleanups have been scheduled in the United States, according to the Earth Day Network.

The theme for Earth Day 2020 is climate action. Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable. Fifty years after the first Earth Day movement many are hoping to achieve a similar awakening for climate change. As global awareness of climate impacts grows, the seeds are in place for enacting major legislation changes, this time coinciding with the 50th anniversary of Earth Day. It is expected that millions of young people and adults will take to the streets once again on April 22 for Earth Day to push elected officials toward significant legislative action against climate change. A decade after the first celebration, the founder of Earth Day, U. S. Senator Gaylord Nelson stated, "So long as the human species inhabits the earth, proper management of its resources will be the most fundamental issue we face. Our very survival will depend upon whether or not we are able to preserve, protect, and defend our environment. We are not free to decide about whether or not our environment 'matters.' It does matter, apart from any political exigencies. We disregard the needs of our ecosystem at our mortal peril. That was the great lesson of Earth Day. It must never be forgotten."



I Ask Because I Care

I ask because I care,
and I don't want to assume;
my assumptions are frequently incorrect.

When I think she's old and frail,
these are not her thoughts.

I assume she needs my help, is dependent for assistance,
can't make it without continuous supervision,
these are not her thoughts.

When I feel the roles have reversed,
she knows nothing has changed but the pace at which she runs the race.

When I am thinking it must be done yet today,
she knows what you do not finish will be waiting tomorrow.

When I believe I have found a cure,
I am saying something new,
I know more today than yesterday,
my perceptions must be correct,
assume I know what is best,
she thinks, "I sure wish she would ask me."

Indeed we should assume nothing,
clarify everything and
give ourselves and others permission to ask for what we want and need.

-From the book *"At the Heart of the Matter"* by Eboni Green.



Handwashing Tips

By the GWAAR Legal Services Team

We are still in the middle of flu season, with the Wisconsin Department of Health & Human services reporting nearly 4,000 positively detected cases as of the beginning of February. In addition, Wisconsin experienced the first confirmed case of the Coronavirus (COVID-19) on February 5, 2020 and the CDC recommends washing your hands as a major step to keeping you and your loved ones healthy and safe. Visit <https://www.cdc.gov/coronavirus/2019-ncov/> for additional information from the CDC related to COVID-19.

The best thing you can do to prevent infections from viruses is to wash your hands – and thoroughly. In 1978, hygiene and health professionals created a map of the most missed areas when washing hands.



A more recent study published in the Journal of Environmental and Public Health in 2008 confirmed that most often, people forget to wash their fingertips.

The Centers for Disease Control and Prevention (CDC) suggests using these

five steps to wash hands properly:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs.

The CDC suggests this three-step approach to using hand sanitizer:

1. Apply the gel product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

For more information, visit:

<https://www.dhs.wisconsin.gov/influenza/prevention.htm>

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Live Well Waukesha County “Physical Activity” Action Teams Update

Did you know there are free events and programs throughout Waukesha County that are available to encourage you to be active and enjoy the great outdoors? That’s what the “Live Well Waukesha County Physical Activity” initiative is all about!



A little background: The year 2019 was the first year of implementation for the “Nutrition and Physical Activity” Action Team, which is one of the three health initiatives currently being addressed through the Waukesha County Community Health Improvement Plan and Process (CHIPP). In its first kick off year last year, Physical Activity team worked hard to form four action teams in the communities of Oconomowoc, Menomonee Falls, Mukwonago and Waukesha. Each team consists of various community partners who are collaborating to offer some great free opportunities to get active. A total of 25 partners came together in 2019 from Parks & Recreation Departments, the YMCA, Library, ProHealth Care, Froedtert Health, and many other entities such as yoga studios, athletic/fitness clubs, and local school districts.

In 2019, a total of 4929 people attended the various programs and events offered through the Live Well Waukesha County Physical Activity initiative. All programs were free and open to anyone. There were a total of 434 events and programs offered in the four pilot communities. Offerings included a Spring and Fall Sunset/Candlelight Hike Series, and Summer “Fit in the Park” series offering classes like Yoga, Zumba, Boot Camp, Tai Chi, Karate, Pickleball, and Pop Tennis. One community formed a weekly walking group, while others free rentals of Stand Up Paddleboards and even Plein Air Painting. Into the Fall and Winter months, indoor options for additional free programs are provided in some of the communities, including indoor walking options, Ping Pong, Dartball, pre-school programs, Zumba for Adults/Kids, and Chair Yoga for Seniors.

We are excited for many great things to come in 2020! The existing four Community Action Teams in Oconomowoc, Menomonee Falls, Waukesha, and Mukwonago are expanding on their offerings from last year and increasing their partnerships. In addition, three more Action Teams have formed in the communities of New Berlin, Muskego, and Brookfield. There will again be a Fall Hike Series, as well as many Summer “Fit in the Park” offerings.

We are so grateful to see so many County-wide partners embrace this initiative, and are so pleased to see the County residents actively participate in the many activities. We look forward to expanding in the coming year and encourage even more people to come out with their friends and family to move more in 2020!

Please visit our website www.waukeshacounty.gov/LiveWell to find out more about the free physical activity events and programs offerings. The “Fit in the Park” program offerings will all be finalized by mid-May. Sign up for our newsletter on the website to receive monthly updates highlighting new programs and events.

If you know of anyone who would like to be a partner on any of the Community Action Teams, please contact Holly Glainyk at hglainyk@waukeshacounty.gov or call (262) 896-8074.

Stay Healthy and Stop the Spread of Illness

Preventing disease and staying healthy is a top priority for most seniors and people with disabilities. Over the past weeks the news headlines have been filled with reports about the novel coronavirus (COVID-19). It's important to know the facts, stay calm, and take precautions.

According to the Centers for Disease Control and Prevention (CDC), some people are at higher risk for getting very sick from this illness. This includes older adults and people who have serious chronic medical conditions like heart disease, Diabetes, and lung disease. As people age, their immune system changes, making it harder to fight off diseases and infection. Underlying health conditions can also make it more difficult to cope with and recover from illness.

That's why the CDC is recommending that people who are at higher risk take the following steps:

- Make sure you have access to several weeks of medications, food, and supplies in case you need to stay home for prolonged periods of time.
- Stay at home as much as possible to avoid exposure to people who are sick.
- When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
- Avoid crowds.

You can also take everyday precautions to protect yourself and reduce the spread of the coronavirus as well as other illnesses. The CDC urges individuals to stay calm and follow these common-sense tips:

- Wash your hands often with soap and water for at least 20 seconds, especially before eating; after going to the bathroom; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

If you have Medicare, you may be wondering about Medicare coverage of your needs related to COVID-19. Here are a few important points to note:

- Medicare covers the lab tests for COVID-19 and you pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations.
- At this time, there is no vaccine for COVID-19. However, if a vaccine becomes available, it will be covered by all Medicare Part D plans.



STAY AT HOME. STAY SAFE.

- **Stay home except for necessities.**
- **Social Distancing required when out.**
- **Wash your hands.**
- **Call your health care provider before seeking in-person treatment.**

WWW.WAUKESHACOUNTY.GOV/COVID19

The Centers for Medicare and Medicaid Services (CMS) has set up a webpage for Medicare beneficiaries with additional information related to the coronavirus. You can find the page at: <https://www.medicare.gov/medicare-coronavirus>. You can also stay up to date with the latest information about the coronavirus by visiting the CDC's website at: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>.

Now is the time to stay informed and follow those basic tips to protect yourself and those around you!

For questions about Medicare or other benefits, contact the ADRC of Waukesha County at 262-548-7848.

From the Desk of Your Benefit Specialist

New Rule Modernizes How We Award Disability Benefits

Announcement from the Social Security Administration:

The Social Security Disability Insurance and Supplemental Security Income programs protect some of the most vulnerable people in our society. A successful disability program must evolve and support making the right decision as early in the process as possible. To help us do that, we must modernize the rules and standards we use to evaluate how we determine disability benefits. We are moving forward with a rule change that has been in the works for a number of years and serves to update a more than 40-year-old policy that made the inability to communicate in English a factor in awarding disability benefits. The new rule is effective April 27, 2020.

We are required to consider education to determine if your medical condition prevents work. In 2015, our Inspector General recommended that we evaluate the appropriateness of this policy. Research now shows the inability to communicate in English is no longer a good measure of a person's education level or the ability to engage in work. The new rule also supports the Administration's longstanding focus of recognizing that individuals with disabilities can remain in the workforce.

To make the right disability decisions, Social Security disability rules must continue to reflect current medicine and evolution of work. We need to update our rules to keep up with society's changes. We owe it to the American public to ensure that our disability programs continue to reflect the realities of the modern workplace. Please share this information with your family and friends.

Scammers are taking advantage of fears surrounding the Coronavirus.

Here are some tips to help you keep the scammers at bay:

- ✓ Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- ✓ Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources.
- ✓ Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- ✓ Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.
- ✓ Don't click on links from sources you don't know. They could download viruses onto your computer.
- ✓ Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus (COVID-19).
- ✓ Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

Visit [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for continuous updates on scams and how to avoid them.



How the 2020 Census will invite everyone to respond

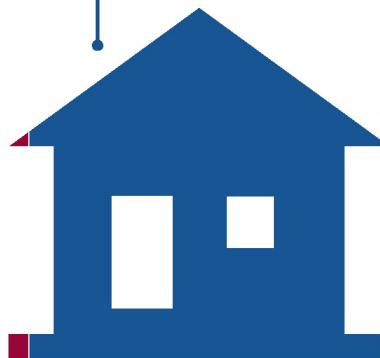
Nearly every household will receive an invitation to participate in the 2020 Census either in the mail or from a census taker.

95% of households

will receive their census invitation in the mail.

Almost 5% of households →

will receive their census invitation when a census taker drops it off. In these areas, the majority of households may not receive mail at their home's physical location (like households that use PO boxes or areas recently affected by natural disasters).



Less than 1% of households

will be counted in person by a census taker, instead of being invited to respond on their own. We do this in very remote areas like parts of northern Maine, remote Alaska, and in select American Indian areas that ask to be counted in person.

Note: We have special procedures to count people who don't live in households, such as students living in dorms, people living in nursing homes, or people experiencing homelessness.

2020CENSUS.GOV

D-FS-GP-EN-135

**Shape
your future
START HERE >**

**United States[®]
Census
2020**

What to expect in the mail

When it's time to respond, most households will receive an invitation in the mail. Every household will have the option of responding online, by phone, or by mail.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

Letter invitation

- Most areas of the country are likely to respond online, so most households will receive a letter asking them to go online to complete the census questionnaire.
- We are working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

Letter invitation and paper questionnaire

- Areas that are less likely to respond online will receive a paper questionnaire along with their package. The package will also include information about how to respond online or by phone.

We understand that you might miss our initial letter in the mail.

- Every household that hasn't responded will receive reminders and will eventually receive a paper questionnaire.
- If you don't respond online, by phone, or by mail, we will follow up in person.

What we will send you in the mail:



March 12-20

An invitation to respond online to the 2020 Census.
(Some households will also receive paper questionnaires.)



March 16-24

A reminder letter.



March 26-April 3

A reminder postcard.



April 8-16

A reminder letter and paper questionnaire.



April 20-27

A final reminder postcard before we follow up in person.

For more information, visit:

2020CENSUS.GOV

D-FS-GP-EN-135

**Shape
your future
START HERE >**

**United States[®]
Census
2020**

ADRC Super Heroes



National Superhero Day is observed annually on April 28. This is a day to honor superheroes, both real and fictional. Real-life superheroes may not have super powers or wear capes, but they are great role models who help serve humankind. The volunteer superheroes at the Aging and Disability Resource Center help in a variety of ways such as: meal service and delivery, office help, guardianship, assisting with Medicare classes and open enrollment, teaching evidenced based programs, and more. Together, their collective efforts help build a stronger, more vibrant community right here in Waukesha County.

Superhero Day first got its start in 1995, when Marvel Comics employees went out into the world to ask what superpowers kids would want to have. The results were surprising as people talked about superheroes in their own lives, and how they often looked like everyday people. Superhero Day reminds us that all too often superheroes are ordinary people who rise to the occasion to help others in extraordinary ways.

Commissioner James Gordon told Bruce Wayne (AKA Batman), "You're going to make a difference. A lot of times it won't be huge, or even visible, but it will matter just the same." Just like Batman, ADRC superheroes help out in a big way. It may not always be visible, but it does matter! In 2019, 673 volunteers provided more than 37,000 total hours of service. "Holy Marconi, Batman!" That's a lot of man and woman power. If you know someone that volunteers, thank them for their service and superpower abilities.



April is National Humor Month!

Which is great news because it has been said laughter is the best medicine. Actually in most cases medicine is the best medicine, but laughter can be good for your health. Researchers have been studying the benefits of laughter for over 30 years and discovered several ways laughing is good for your health. Laughter is a great stress reducer, a great fun belly laugh can ease stress and physical tension, relaxing your body for up to 45 minutes after. In addition, laughter releases endorphins which are natural feel good chemicals in our bodies that can temporarily relieve pain and reduce stress.

In addition to reducing stress laughing can boost our immune system, aid in protecting our heart, and even burn calories. Yes that's right, laughing for 10 to 15 minutes a day can burn around 10 to 40 calories, which is around three to four pounds a year. There are many simple ways to bring more laughter into your life. Find funny photos, comic strips or quotations and hang them up in your office or home. Have funny movies, videos or books around to boost your spirits. Seek out and spend time with fun playful people. Animals can be hilarious, spend time with pets, watch online animal videos or go to the zoo and observe silly playful animals like otters and monkeys. Share funny stories or jokes with friends. When you hear laughter head towards it, most often people like to share what is funny with other people. Go ahead seek out some fun and laughter. Laughing isn't going to replace a healthy diet and exercise, but it can be a fun healthy addition to your life.



APRIL HEALTH TOPIC



At least **150** minutes of moderate intensity physical activity are recommended *per week*. That breaks down to at least **30** minutes *per day*, **5** times a week. This can easily be spread out throughout the day.

Here are some Ideas on how to incorporate more activity into your day:

- Tune into fitness during TV time. Walk or jog in place or lift hand weights while you watch your favorite shows.
- Stand up and walk around the house while catching up on phone calls, or if sitting down raise and lower both legs to increase circulation and use your muscles.
- Always wanted to learn how to dance or shoot a bow and arrow? Take classes or find an online tutorial and teach yourself! It's never too late to pick up a new skill and get more active.
- When you're waiting somewhere or standing in line, do micro-movements that won't be noticed by others, like tensing and relaxing different muscles.
- Get cooking! Preparing healthy meals in the kitchen can be a motivating way to get up and move around! Turn on the tunes to keep the energy going!
- Keep your energy up for activity with healthy lifestyle choices like eating smart, managing stress, practicing mindfulness and getting enough sleep.

THE MONTH OF APRIL
IS...

MOVE MORE MONTH

MAKE EVERY MOVE COUNT
BROUGHT TO YOU BY:
THE AMERICAN HEART ASSOCIATION



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

Alcohol Awareness Month: April 2020

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence (NCADD) as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

The Importance of Alcohol Awareness Month

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance use in general. Psych Central, the oldest mental health online resource, points out that denial is a major characteristic of alcohol abuse, both from the person currently experiencing it and from friends and family members who are uncomfortable acknowledging the gravity of the situation. April, which is the month during which Alcohol Awareness Month runs, is a chance for public health bodies, community centers, and treatment facilities to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

These organizations, many of which are part of NCADD's National Network of Affiliates, launch campaigns on social and traditional media during the month of April to draw attention to the causes of alcoholism, the signs and effects of the condition, how to talk to a loved one about a drinking problem, and how to find treatment options. These campaigns can include advertising, especially in areas that are prone to abusive alcohol consumption like college campuses, public talks; content on television, radio, social media or print media; and other events to get the word out.

Long-Term Effects of Alcohol

Drinking too much over time can cause chronic physical and mental health issues. Heavy drinking can cause or contribute to liver damage, cardiovascular disease, and multiple types of cancer.

Long-term effects of excessive drinking may include:

- Diminished gray matter and white matter in the brain.
- Memory loss, loss of attention span, trouble learning.
- Alcoholic hepatitis, liver fibrosis, steatosis (fatty liver).
- Throat, mouth, larynx, breast, liver, colorectal, or esophageal cancer.
- Cardiomyopathy, irregular heartbeat, high blood pressure, stroke.

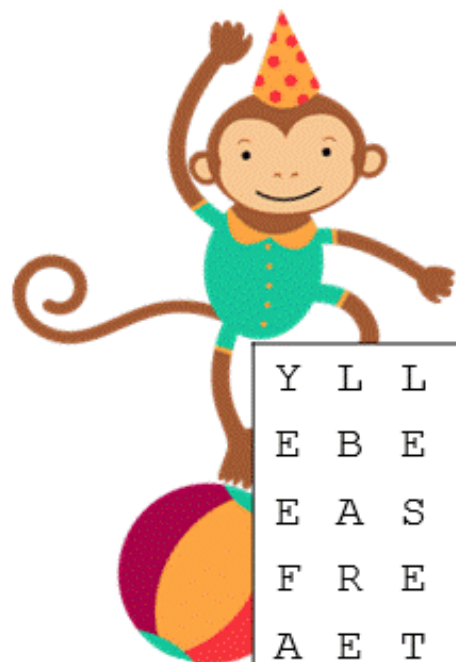
Finding Help

If someone you care about needs help in taking the first step towards recovery, please call the American Addiction Centers helpline at 866-302-4085. They are available 24/7, 365 days a year. Visit their website at: www.alcohol.org.

You can also contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) national hotline at 1-800-662-HELP (4357). This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Article from: www.alcohol.org

**April is
Alcohol
Awareness
Month**



APRIL FOOL'S Day

APRIL 1st

Y	L	L	I	S	B	P	E	L	Z	O	O	B	M	A	B
E	B	E	W	I	L	D	E	R	C	A	P	E	R	W	Q
E	A	S	H	E	N	A	N	I	G	A	N	S	B	U	P
F	R	E	S	I	R	P	R	U	S	G	U	O	D	R	E
A	E	T	U	P	S	L	B	S	E	K	O	J	E	E	E
R	D	T	O	N	D	U	P	E	H	U	F	P	T	K	L
C	U	S	I	M	S	C	L	M	F	D	O	R	Y	A	A
E	L	E	O	I	F	D	P	E	N	S	I	Y	U	Y	Y
A	E	J	N	I	D	O	I	U	T	C	T	G	E	K	L
E	D	E	R	U	P	H	O	E	K	I	H	K	C	I	X
F	S	S	F	R	C	F	R	L	V	T	R	A	R	V	A
S	T	E	A	S	B	O	D	E	E	A	W	P	M	X	O
E	B	N	I	M	U	A	L	R	L	R	A	D	F	Z	H
Y	K	M	U	S	E	Y	P	A	O	B	Y	O	R	J	R
R	R	D	T	C	O	U	M	I	T	E	S	U	M	E	B
E	Y	E	K	N	O	M	K	N	I	W	D	O	O	H	I

APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha WI 53188

If you'd like to be added to or
removed from this mailing, or would
prefer to receive our Newsletter
electronically, please call the ADRC at
(262) 548-7848

ADRC Advisory Board

Susan Schweda, Chair

Judie Berthelsen

Patricia Carriveau

Carla Friedrich

Sandie Heberling

Christine Howard

Wendy Johnson

Betty Koepsel

Phyllis Wesolowski

Sandy Wolff

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Jan Nguyen, Supervisor

Shirley Peterson, Supervisor